

- ◆ **Indoor Cycling with Beth***: This class is a high energy class focused on fitness and fun!
Equipment: Water and a small towel.
Instructor: Beth Bond
When: Mondays 6:30-7:30pm **Cost:** \$7.00 Or buy 12 classes for \$80!
- ◆ **Indoor Cycling with Chris or Pam***: Come train to get you "Road Ready." This class is tailored to seem like an outdoor ride. Build your stamina now so you'll be ready for the warmer weather.
Instructor: Pam Raes
When: Wednesdays 6-7pm (Chris), Fridays 5-6am & 6-6:45am (Pam). **Cost:** \$7.00 Or buy 12 classes for \$80!

***ALL CYCLING CLASSES: Reservations are mandatory for this class and can be made by calling 315-548-8484.**
***There must be a minimum of 4 people in attendance for class to be held.**

- ◆ **Senior Strength & Cardio:**(62 & older) A low intensity class including aerobics and light cardio rhythms conducted either standing or sitting depending on your fitness level to improve energy and mood. Accomplish daily tasks and recreation activities with increased energy and minimized discomfort. This class is taught in a supportive environment where you have the option of using a chair to perform each exercise.
Instructor: Kandace DeVall **When:** Tuesdays, Wednesdays & Fridays from 9:30 – 10:15am
Cost: \$3 Per class, Silver & Fit accepted for this class
- ◆ **PUMP:** Cardio strength training class for all levels of fitness. Class will include dumb bells, weighted bars, light resistance & high reps. **Instructor:** Beth Bond **When:** Tuesday & Thursdays from 6-7pm **Cost:** \$5.00 per class **Equipment:** Water & work out mat.
**Let's get pumped for spring! Beth is offering a 6 week class discount for PUMP! \$50 at class on 3/7 will get you into every PUMP class from 3/7 to 4/13! **
- ◆ **Weight Room Basics:** Want to learn how to use the weight room? Class meets outside the weight room & works with an ISSA Certified Physical Instructor to teach how to use the equipment safely & effectively. **Instructor:** Richard "Sarge" Gonzalez
When: Last Saturday of every month @ 9am & last Monday of every month @ 7pm. **Cost:** \$5.00 per class (PCC Fitness Membership required). *Please call 315-548-8484 to register.*
- ◆ **Balance Fitness:** 30 minute core & stability training with a balance board. **Instructor:** Richard "Sarge" Gonzalez
When: Wednesdays from 7-7:30pm. **Cost:** \$5.00 per class. *Please call 315-548-8484 to register.*

*** A minimum of 4 people are needed in all classes or class will be cancelled. If class is cancelled, you may use the fitness facility or bikes during the same time frame of class for the cost of the class or \$5.00 for use of the bikes.**

